



CYCLESFIT

with Josiah Middaugh

6 WEEK

Threshold and VO₂ Max Interval Focus

Tuesday, Jan. 7 - Thursday, Feb. 13
Tuesday & Thursday at noon

12 COACHED SESSIONS

\$250 members | \$350 non-members

To help prepare for the 2020 outdoor riding season, now is the time to make a significant improvement in cycling-specific fitness. This session will start with longer threshold intervals and progress to shorter, higher intensity VO₂ max intervals. These are the meat and potatoes workouts that will truly make a difference in cycling performance.



Spend 6 weeks with
XTERRA World Champion
Josiah Middaugh

Bio on back >

ATHLETIC CLUB
AT THE WESTIN

126 Riverfront Lane Avon, Colorado
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The class will start with power testing so that each cyclist will be training in the proper power zones. Workouts will be challenging, but the goal is to find the optimal challenge so everyone is able to complete every workout with similar sensations. We will be using Wahoo's PerfPro training software which displays data in real time during every ride, stores performances, and immediately emails workout details to your inbox after each ride.

There will also be a 6-week training plan which includes the two classes per week, two cycling-specific strength training sessions and an additional endurance ride at prescribed intensities. This phase of training is very compatible with strength training. Most of the cycling workouts are considered intensive endurance, whereas strength training is considered anaerobic or a-lactic. This means there are less conflicting peripheral adaptations so performance can be enhanced in all areas simultaneously.



ABOUT JOSIAH

Josiah Middaugh has over 12 years of experience teaching focused indoor, group workouts with power. Focused indoor training with power has facilitated his rise as one of the best cyclists in the sport of XTERRA triathlon, 13-time XTERRA National Champion and 2015 XTERRA World Champion. Josiah also obtained a Master's degree in kinesiology, and holds the title of Certified Strength and Conditioning Specialist (CSCS) from the National Strength and Conditioning Association (NSCA).